

# The Mental Health Continuum Model

**We all have mental health. By recognizing when we are experiencing the physical or emotional effects of stress, we can take steps to return to a healthy and regulated state of mental wellbeing. Check-in with yourself often and take steps when you are not ok.**



<b>HEALTHY</b> <b>"I got this!"</b>	<b>REACTING</b> <b>"Something isn't right."</b>	<b>INJURED</b> <b>"I can't keep this up."</b>	<b>ILL</b> <b>"I can't survive this."</b>
<ul style="list-style-type: none"> <li>• Normal changes in mood</li> <li>• You take things in stride</li> <li>• You can laugh at funny things</li> <li>• You are able to do the things you usually do in a day</li> <li>• You are physically active and connecting with people in some way</li> <li>• You have confidence in yourself and in those around you</li> <li>• Drinking alcohol or consuming cannabis in moderation, or not at all</li> </ul>	<ul style="list-style-type: none"> <li>• Nervousness, irritability</li> <li>• Sadness, overwhelmed</li> <li>• Displaced sarcasm</li> <li>• Procrastination</li> <li>• Forgetfulness</li> <li>• Trouble sleeping</li> <li>• Low energy</li> <li>• Muscle tension, headaches</li> <li>• Dismissing responsibilities</li> <li>• Activities and relationships you have enjoyed in the past seem less interesting</li> <li>• Drinking or consuming cannabis regularly or in binges to manage stress</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety, anger</li> <li>• Ongoing sadness, crying, hopelessness</li> <li>• Negative attitude</li> <li>• Difficulty concentrating</li> <li>• Trouble making decisions</li> <li>• Decreased performance at work or school</li> <li>• Regularly missing appointments</li> <li>• Not sleeping well</li> <li>• Avoiding conversations and interactions with friends or family</li> <li>• Increased use of alcohol or other substances – hard to control</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive anxiety</li> <li>• Panic attacks</li> <li>• Easily angered</li> <li>• Depressed mood/numb</li> <li>• Cannot concentrate</li> <li>• Cannot make decisions</li> <li>• Cannot sleep/exhausted</li> <li>• Continually feeling tired or ill with no known reason</li> <li>• Withdrawing from contact with friends and family</li> <li>• Suicidal thoughts or intent to harm yourself</li> <li>• Hearing or seeing things not there</li> <li>• Alcohol or other addictions</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Keep doing what you are doing.</b></li> <li>• <b>Stay focused on the positive things in your life.</b></li> <li>• <b>Understand how you react to stress</b></li> <li>• <b>Call or text 211 to understand resources before they are needed</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Recognize your limits</b></li> <li>• <b>Remember it's ok to not feel ok, reach out</b></li> <li>• <b>Take breaks often</b></li> <li>• <b>Seek support by talking to someone you trust</b></li> <li>• <b>Call or text 211</b></li> <li>• <b>Text "CONNECT" to 686868</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Talk to your doctor</b></li> <li>• <b>Keep connected with people you know</b></li> <li>• <b>Talk to someone you trust, ask for help</b></li> <li>• <b>Call the Rural Distress Line 1-800-232-7288</b></li> <li>• <b>Text "CONNECT" to 686868</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>If you are in immediate harm Call 911</b></li> <li>• <b>Talk to your doctor</b></li> <li>• <b>Call the Rural Distress Line 1-800-232-7288</b></li> <li>• <b>Mental Health Help Line 1-877-303-2642</b></li> <li>• <b>Text "CONNECT" to 741741</b></li> </ul>